RECORDS SHOW TORIES TRAVEL IN STYLE, PG3

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OTTAWA • TUESDAY, NOVEMBER 25, 2008 metronews.ca

Poll predicts sharp holiday shopping dip

CHRISTMAS Canadians plan to spend 14 per cent less this Christmas shopping season, with the majority seeking deep discounts at the big retail chains, as consumer confidence slides to a 26-year low.

A survey released yesterday by marketing research firm Maritz Research Canada showed that shoppers plan to spend an average of $571 on gifts, down 14 per cent from the average of $663 last year.

About 70 per cent said they would pay cash — including debit cards — for the purchases.

Respondents also said they would shop at the large retailers including Wal-Mart stores, Canadian Tire Corp. and Zellers.

Consumer confidence in Canada dropped further in November to its lowest level since 1982, the Conference Board of Canada said yesterday. **REUTERS**

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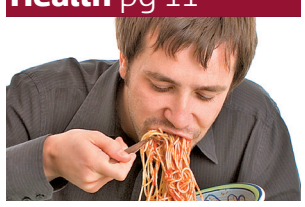
Manson in the past for Wood

Health pg 11



How we eat affects weight

Education pg 9

Learning goes the distance

Spirit of Christmas **CHEO fundraiser**

ETIENNE RANGER/FOR METRO OTTAWA

Alia Saleh, front, celebrates with her team (General Dynamics Canada) after taking the Christmas Spirit award during the Trees of Hope event at the Fairmont Château Laurier last night. The 11th annual corporate tree-decorating contest raises funds for the Children's Hospital of Eastern Ontario. The 8,000-plus visitors to the Château Laurier over the Christmas season can cast ballots for their favourite tree until Jan. 2.

Wage deal lower than union aim

Economy affects negotiations

TIM WIECLAWSKI
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Faced with a sliding economy, one of the country's largest public sector unions "tentatively accepted" the federal government's frugal final contract offer yesterday.

The four-year deal impacts 35,000 Public Service Alliance of Canada (PSAC) members in Ottawa, and 100,000 nationwide. It offers a 6.8 per cent wage increase over four years: 2.3 per cent in the first year, and increases of 1.5 per cent afterward, which was the Treasury Board's "final offer" on Nov. 18.

PSAC president John Gordon said yesterday that the economic downturn had forced the union "to recognize that circumstances have changed and many Canadians are now facing the prospect of layoffs and a loss of pensionable benefits."

Gordon acknowledged that the wage increases were not what the union had anticipated when negotiations began 18 months ago, but insisted that members' employment and economic security had been advanced.

For example, the agreement includes non-wage gains such as getting rid of pay zones for trade workers after 41 years of arguing for national pay rates.

"When the negotiations began, the economy was strong, so our members had a reasonable expectation of having economic issues addressed in bargaining," Gordon said. "But times have changed and we all had to adjust our expectations."

Members of PSAC will vote to ratify the agreement in January.

Treasury Board president Vic Toews called the deal "reasonable" and encouraged 16 other unions still negotiating contracts to follow suit.

Ottawa New Democratic MP Paul Dewar noted PSAC had no choice but to accept the government's offer: "Essentially what we had was bargaining with a gun to one's head."

WITH FILES FROM TORSTAR NEWS SERVICES

Complaints

- If ratified, the settlement would also require PSAC to drop two pay-equity complaints filed against the Treasury Board with the Canadian Human Rights Commission.

Slimmer police budget eases tax-hike pressure

TIM WIECLAWSKI
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BUDGET A leaner police budget may mean a slightly smaller tax increase for Ottawans.

Earlier this year, the draft police budget projected a $9.9-million increase, bringing it to $234.8 million. However, falling fuel prices, more provincial funding and other "dropped items" have since lowered that increase by about $2.7 million.

Ottawa Police Director General Debra Frazer said last night that represents a 0.69 per cent increase to property taxes, which could lower the anticipated tax increase of 4.9 per cent.

When the draft budget was released, fuel costs were well over $1 per litre. The police service has since adjusted fuel estimates to 90 cents per litre, saving $900,000. And other government revenues passed down as part of a pledge to hire additional police officers will pay the salaries of 10 officers.

The police also made smaller cuts totalling $1.1 million, in areas like special-uniform purchasing, body armour, weapons repair, and other expenses.

Chief Vern White supported the budget reductions and said they would not affect service delivery.

The city could also be receiving additional financial relief through police. During the election, local Conservative candidates pledged to fund the cost of policing activities associated with federal government events, which would be around $2 million annually.

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City accepting presentations for budget meetings

The 2009 city budget meetings begin Dec. 1. Residents wishing to make five-minute presentations to city council are invited to register with the city at 613-580-2424, ext. 12487. Even with a 4.9 per cent property-tax increase, the city is facing a $35 million shortfall. METRO NEWS SERVICES

Ottawa

'Tis the season to RIDE

The 2008 Festive RIDE Program kicked off in Ottawa last night, with RCMP, provincial and city police stepping up patrols on area roads in an effort to reduce the number of people who drink and drive. Every day in Canada, four people are killed and 196 people are injured as a result of impaired driving, according to MADD Ottawa. METRO NEWS SERVICES

LRT slam prompts reply

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A slam by "the father of our Transitway system" against Ottawa's light-rail plan doesn't take into account that the city has outgrown the bus-only mode of transportation, says the transit committee chair.

Former regional chair Andy Haydon — the architect of Ottawa's Transitway — yesterday called Ottawa's new light-rail plan "pathetic" and a waste of taxpayers' money, but transit committee chairman Alex Cullen defended the "mixed approach" of light rail and buses as the direction of "many major cities."

"The proposal is trains, trains, trains, with a total inability to technically justify it."
Former regional chair Andy Haydon

The Transitway "has certainly been a success," Cullen said, "but what has happened is our city has outgrown the Transitway system. We need a greater-capacity, faster, more reliable service and that's what light rail will give us."

Haydon told reporters yesterday that light rail won't work in the capital, and the city's best bet is to expand the current bus transit system.

"The proposal is trains, trains, trains, with a total inability to technically justify it," he said.

Transit committee vice-chair Marianne Wilkinson said she served with Haydon on the Transit Commission in the 1980s when the Transitway was started, and said it was always intended to be converted to rail.

"It made it more expensive to build, but makes it cheaper for us now."

Looking at downtown at rush hour, the time to convert to rail is now, said Wilkinson. "It is very congested," she said. "Trains carry more passengers."

Haydon said Ottawa should expand its bus rapid transit system and build two small tunnels to take buses through downtown.

But when council debates the transportation master plan tomorrow, it will call for finishing the Transitway and starting light rail, Wilkinson said.

"I think the two are complementary and are each required," she said. The Transitway is "very, very useful" and "will serve well in low-density areas."

Haydon is also calling on the federal and provincial governments to pull the plug on light-rail funding, saying the estimated cost for the staff-proposed plan is close to $2 billion short.

WITH FILES FROM CTVOTTAWA.CA

Dog owners growling over leash restrictions

RECREATION Dog owners who let their pets loose in Arboretum Park, located at Ottawa's Experimental Farm, may soon be faced with fines for letting animals off their leashes.

The possibility comes as Agriculture Canada considers a $125 fine for owners who let dogs run freely in the park. Dog owners in the capital, though, spoke out against the proposal yesterday, saying there are already too few off-leash areas in the city.

"I find if the dogs are on the leash, they are more aggressive with each other. And, when they're off the leash … they sniff each other out and see who's who," said Patty Brady.

"I feel hard done by it because I think my dogs are well-behaved," another owner said. "I think there are dogs that should be on leash and whose owners should be paying a $125 fine."

Dean Dunn said a rule that would force him to put his dog on a leash would be unfair to his dog.

"This is where I take her to get rid of the excess energy. It's good for her to meet people," he said.

Others say they will test the waters to see how strict the rule will be enforced before they put their dogs back on a leash.

"I might risk one fine. I don't think I'd risk a second — I'm not that wealthy," said Roz Allchin.

CTVOTTAWA.CA

Community asked to ARTicipate in drive

TRACEY TONG
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With $4.1 million from major donors already in the bank, Arts Ottawa East is looking to the community to pitch in to its endowment-fund campaign.

Executives from Arts Ottawa East celebrated the gifts of four major donors in Orleans yesterday, saying the total donation of $550,000 has helped its ARTicipate! campaign reach 82 per cent of its $5-million goal.

Designed to help ensure a sustainable future for arts and culture in east Ottawa, the endowment fund supports arts activities within the new Shenkman Arts Centre.

TRACEY TONG / METRO OTTAWA

Arts Ottawa East executive director Christine Tremblay said yesterday the ARTicipate! endowment-fund campaign has raised $4.1 million so far, and is looking to the community for an additional $250,000.

While the Minto Foundation and Trinity Development Foundation each donated $250,000, Bank of America and Bel-Air Toyota each donated $25,000 and received naming rights.

"You don't build a community by building roads and houses," said Gwen Cox, spokeswoman for the Minto Foundation.

While the community portion of the campaign is $250,000, the endowment fund needs a total of $900,000 more by the end of 2009, said Arts Ottawa East executive director Christine Tremblay.

For more than 20 years, Arts Ottawa East has worked to obtain a facility for the area, said ARTicipate! campaign chairman Ronald Caza.

"This is a massive undertaking for a community arts council," said Caza. "It will be a community focal point for young people and for programming in English and French."

"The centre is going to be a jewel for the arts community," said Tremblay.

The endowment-fund campaign was launched in September 2007 with a $1 million donation from the Shenkman Family Foundation and $2.5 million from the provincial government.

City teen identified in fatal crash

FATALITY Michael Czyzewski, a 16-year-old from Gloucester, has been identified as the teenager killed when a car rear-ended a tractor-trailer in western Quebec over the weekend.

The collision occurred around 2:45 p.m. on Sunday, on Highway 148 between Thurso and Plaisance, Que. According to police spokesman Sgt. Marc Butz, investigators suspect a distraction caused Czyzewski's 26-year-old brother to lose control of the car, veer onto the road's shoulder and slam into the rear wheels of the truck.

Czyzewski was pronounced dead at hospital. A male in the passenger seat suffered broken bones. The truck's driver was unharmed but was treated for shock, The crash is under investigation, but Butz said charges are unlikely.

METRO OTTAWA

News in brief

CFL A city councillor is disputing recent claims by the Canadian Football League commissioner that suggest a design competition for Lansdowne Park is closed.

CFL Commissioner Mark Cohon suggested on the weekend the competition had been closed as the city evaluates the Lansdowne Live proposal by a local ownership group. But Coun. Clive Doucet said the competition is only on hold until January. Doucet will be asking council tomorrow if the process that suspended the competition was legal.

METRO NEWS SERVICES

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Lotteries

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Daily Keno: 2, 3, 5, 9, 11, 12, 16, 17, 27, 29, 31, 32, 33, 34, 41, 42, 64, 66, 67, 70.
These results are not official.

Bank of Canada deputy governor resigns
Bank of Canada deputy governor Sheryl Kennedy will step down as of Dec. 1 to "pursue other interests," the central bank announced yesterday. The bank said it will launch a recruitment process shortly to fill her position. REUTERS

Canada/World

Tories accused of big spending

The Conservative government should be "embarrassed" after a Torstar investigation showed that federal politicians and public servants are travelling at high-class prices on the taxpayers' dime, the Canadian Taxpayers Federation says.

"(Prime Minister Stephen Harper) and his cabinet should be embarrassed that it has been caught at the trough like everyone else they accused of being (when the Conservatives were in opposition)," federation spokesperson Kevin Gaudet said yesterday.

The investigation looked at about 60,000 travel records from four years, including the last two years of Paul Martin's Liberal government (2004 to 2006) and the first two years of the Conservative government. Both Liberals and Conservatives have been big spenders, but the analysis found most Conservative ministers spent slightly more than the Liberals they once accused of being lavish spenders. In a detailed comparison it was found Tory ministers outspent the Liberals in 10 out of 12 cases.

TORSTAR NEWS SERVICE

Tory spending

- The standout expenses included an $84,000 trip to WTO talks in Geneva and a $61,000 trip to the United Nations climate-change conference in Bali last year.

Hungary **Official welcome**

KAROLY ARVAI/REUTERS

Hungarian President Laszlo Solyom welcomes Governor General Michaëlle Jean, left, in the terrace of the Presidential Palace in Budapest yesterday. Jean is on a five-day official visit to Hungary for trade relations.

Commuters pressured to e-mail in car: Poll

KRISTEN THOMPSON
Metro Canada

WORK Commuters are becoming increasingly dependent on mobile technology like BlackBerrys and IPhones to keep up with work on their way to and from the office.

But that need to stay connected is coming at the expense of our safety with many people texting behind the wheel, according to a new Angus Reid study.

The Commuting And Staying Connected omnibus found that 23 per cent of Canadians surveyed said they need to have access to text messaging, phone and e-mail while commuting. Ontario is expected to ban the practice soon.

Tougher divorce laws proposed

CUSTODY Ontario's Attorney General Chris Bentley brought forward proposed changes to family law yesterday that would toughen requirements for those seeking custody of children, make it easier to obtain restraining orders and set out new rules on how to divide the pensions of divorcing couples.

Planned changes to child custody requirements included increased police checks on non-parents seeking custody and disclosing the existence of any Children's Aid Society record. TORSTAR NEWS SERVICE

News in brief

WAR Gen. Walt Natynczyk, Canada's chief of defence staff, praised Washington yesterday in its plans to deploy 20,000 more troops to Afghanistan.

TORSTAR NEWS SERVICE

Costly stimulus needed, says Obama

President-elect Barack Obama promised yesterday to jolt the faltering U.S. economy with a costly stimulus package next year and introduced the team that will help him navigate the global financial crisis.

Obama, who warned again that the economy would likely get worse before it got better, declined to put a price tag on the two-year stimulus proposal that other Democrats have estimated at hundreds of billions of dollars.

White House appointments

Barack Obama confirmed his economic team at a news conference.

- Timothy Geithner, president of the New York Federal Reserve Bank, will be treasury secretary.
- Lawrence Summers, a former treasury secretary, will be director of the National Economic Council.
- Christina Romer, a University of California, Berkeley, economics professor, will head the Council of Economic Advisors.
- Melody Barnes, a former chief counsel on the Senate Judiciary Committee, will head the Domestic Policy Council.

The scope of the economic crisis has widened in the 20 days since Obama's White House win. Auto companies warned they were short on cash, unemployment numbers rose and the government injected $20 billion into Citigroup.

"These extraordinary stresses on our financial system require extraordinary policy responses," Obama said, adding his administration would honour public commitments made by President George W. Bush's team to address this crisis.

Obama said his team was already working on the details of a package to save or create 2.5 million needed jobs.

REUTERS

Some breast cancers may naturally regress, says study

HEALTH Researchers who tracked breast cancer rates in Norwegian women proposed the controversial notion yesterday that some tumours found with mammograms might otherwise naturally disappear on their own if left undetected.

But leading cancer experts expressed doubt about the findings and urged women to continue to get regular mammograms, saying this screening technique unquestionably saves lives by finding breast cancer early on.

REUTERS

Somali pirates drop ransom for Saudi oil tanker to $15M

PIRACY Somali pirates holding a Saudi supertanker after the largest hijacking in maritime history have reduced their ransom demand to $15 million US, an Islamist leader and regional maritime group both said yesterday.

The Nov. 15 capture of the Sirius Star — with $100 million of oil and 25 crew members from Britain, Poland, Croatia, Saudi Arabia and the Philippines — has focused world attention on rampant piracy off the failed Horn of Africa state.

REUTERS

News in brief

BAN California's gay marriage ban could open the door to legal discrimination against unpopular groups if the state Supreme Court allows the voter-approved measure to stand, blacks, Latinos, Asians and other minorities said.

BRAZIL Rescue workers rushed to help stricken residents in southern Brazil yesterday after landslides and floods caused by heavy rain killed at least 59 people and forced more than 43,000 from their homes.

REUTERS

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Comment & Views

Comment

No time for left or right

Harper giving up ideology for pragmatism

NationalReport

Lawrence Martin

The Conservatives won the election. But it's no time to be a conservative. Two overriding beliefs tend to propel conservatives. One is free market economics. The other is the military solution. Both are in disrepute.

On the economic side all you see these days are headlines like "We're All Keynesians Now." Roosevelt-styled New Deals are the talk of the world. Deregulation run amok is blamed for the global crisis.

The Great Depression spurred a rise of liberalism on this continent that lasted two decades. Conservatives can only hope there is no repeat now.

Their recent record on war as well as economics is hardly auspicious. There is little or no progress in Afghanistan. In Iraq there's progress — but with almost 5,000 Americans dead, hundreds of thousands of Iraqis dead, the American treasury blown, and the country's reputation disparaged, the Republican Party has been pummelled.

Prime Minister Stephen Harper no longer supports the Iraq war and he plans to withdraw Canadian forces from Afghanistan by 2011.

It is the inflexible, ideological leader who digs in his dogmatic heels. On neither war nor the economy is our prime minister doing that.

(Harper) senses the times are tilting in his unpreferred direction and he is not about to get caught behind the curve.

At a conference on the weekend in Peru, he talked about how he has had to move with reluctance from being a deficit hawk to a Keynesian spender who will now run up deficits.

At the University of Alberta, he studied economic history and gained a knowledge of the depression-era blunders of R. B. Bennett here and Herbert Hoover in the United States.

Instead of being pragmatic, they clung to conservative old-time religion and insisted on balancing the books.

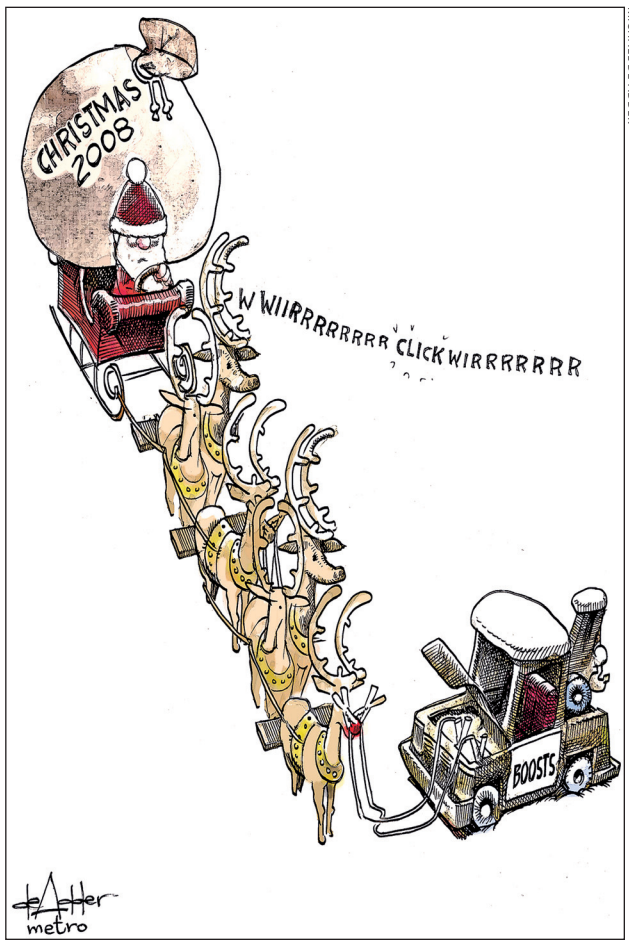
These are mistakes, Mr. Harper said, which cannot be repeated today.

He senses the times are tilting in his unpreferred direction and he is not about to get caught behind the curve.

The conservatism south of the border went too far just as liberalism did a couple decades earlier when welfare-state enthusiasts brought about stagflation and other blights. Ideology breeds excess. Go back further to find communism on one side, fascism on the other.

Maybe some day the lesson of history will be learned: That whether it be of the left or right, ideology is ruinous.

Lawrence Martin is a Globe and Mail correspondent and author who writes about national affairs from Ottawa.



MICHAEL DE ADDER

Views

Economy should not deter philanthropy

Maria Antonakos

Last year, there were approximately 82,000 registered charities in Canada and more than 1.8 million in the United States, according to the Canadian Revenue Agency and the American Institute of Philanthropy.

Meanwhile, mega gifts from Warren Buffett ($30 billion US) and Bill and Melinda Gates (approximately $20 billion since 1999) were said to be leading us into a second golden age of philanthropy and many felt that there was never a more urgent time to engage philanthropic resources to try and solve issues affecting our world.

Yet only one year later, we are faced with tremendous financial upheaval that is seeing much of the wealth accumulated in the recent past, jeopardized or lost.

As a philanthropy consultant I work with both charities and philanthropists and have an inside view on how clients are navigating these times – charities as they campaign for donations and philanthropists as they seek to fund the right projects.

Last week a philanthropist was voicing her concern that people were going to be less generous, at a time when charities need more contributions than ever to support communities in need. She has committed to give as much as possible this year and she plans to encourage her peers to do the same.

Meanwhile, fourth year commerce students in my philanthropy course at McMaster's De Groote School of Business in Hamilton, Ont. are as passionate about philanthropy — and wisely distributing the $20,000 donated by Doris Buffett (Warren Buffett's sister), Michael Lee Chin, Bob Levis and Jeff Wheeler for them to give to a local charity — as they are about analyzing the markets.

As we head into the holiday season, remember that compassion and generosity are blueprints for civil society.

So despite financial turmoil and insecurity, on a recent walk, I was overcome with gratitude for the freedoms and prosperity in our society.

Indeed, a peer through a global lens certainly underscores the privilege we experience in Canada, for example, to live without the threat of war tearing apart our families and communities.

This perspective shows me that there are hundreds of instances where I can lend a hand to others experiencing difficulties that far outweigh my own. Today, regardless of the financial uncertainty swirling around, my goal is to give as much as ever.

As we head into the holiday season, remember that compassion and generosity are blueprints for civil society, and philanthropic charitable works are the building blocks.

Don't let this month pass without taking a charitable action that makes you feel grateful and proud. In the spirit of true generosity, all gifts are big gifts.

Maria Antonakos is the founder of Opus Philanthropic Strategies (www.opusphilanthropy.com) where she helps people give and receive with care.

Letters

Watch where you get your puppy

I would like to warn readers not to put cruelty on their shopping lists this year. The holidays are a busy season for puppy sales and people need to know that when they purchase puppies over the Internet, through newspaper ads, or at pet stores, they are often unknowingly supporting a puppy mill.

Puppy mills are inhumane breeding facilities that produce puppies in large numbers. They are designed to maximize profits and commonly disregard the physical, social, and emotional health of the dogs.

The breeding dogs at puppy mills live their entire lives in cages, and the poor conditions cause puppies to have more physical and behavioral problems than dogs from good sources.

The best way to stop puppy mills is for consumers to stop supporting them. To find a puppy from a reputable source, visit your local animal shelter or find a reputable breeder and visit their premises to see how your puppy's mother is living.

DEILYN BERDICHEVSKAYA, TORONTO

Taxpayers to pay for ski-jumping battle

Now that the women ski jumpers have a court date, maybe they can think about who is going to pay for their event's inclusion — taxpayers.

If their thinking gets advanced enough, they will learn some taxpayers would rather not have their event funded — not because they dislike female ski jumpers, but from their belief that Vancouver's hosting of the 2010 Olympics is a colossal waste of their money.

VINCENT LIZEE, VIA E-MAIL

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Bonds down with battered equities in demand
Canadian bond prices ended down across the curve as news that the U.S. government had stepped in to prevent the collapse of Citigroup sparked intense demand for recently beaten-down equities, leaving little interest in buying government debt. REUTERS

Business

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EDITOR: FERMIN DESOUZA, FERMIN.DESOUZA@METRONEWS.CA

B.C.'s surplus less than expected

ECONOMY British Columbia's projected budget surplus has dropped by more than half because of the slower U.S. economy and lower personal income-tax revenue, provincial officials said yesterday.

The $450 million surplus was short of the $1 billion surplus that financial officials had projected in September. REUTERS

In brief

EARNINGS Royal Bank of Canada warned yesterday that its fourth-quarter revenue would fall 15 per cent to $1.1 billion on trading losses, while Toronto Dominion Bank said it would sell $1.2 billion in common stock, just days after disclosing about $350 million in credit-trading losses in the quarter. TORSTAR NEWS SERVICE

Retailers Desperate times, desperate measures

REUTERS/SHANNON STAPLETON

A free personalization promotion is seen inside a holiday-themed store in New York yesterday. Facing a slew of bad economic news as the holiday shopping season approaches, small independent retailers and boutiques are adjusting strategies and inventories to lure customers away from the major chains.

Citi bailout keeps BCE buyout alive

With the clock ticking toward a Dec. 11 closing deadline, the $52-billion US buyout of BCE Inc. appeared to dodge yet another bullet this week after Washington moved to bail out Citigroup Inc., the deal's biggest financial backer.

Shares of BCE soared nearly 10 per cent, or $3.39, to $37.94 yesterday on the Toronto Stock Exchange after the U.S. government said a day earlier that it would shield Citigroup from hundreds of billions in losses from toxic assets by injecting $20 billion of capital into the bank.

Investors in the Canadian phone giant had become concerned about the deal's chances last week as the spectre of bankruptcy was raised at Citigroup.

Such an outcome could put in jeopardy the bank's commitment to funding the $42.75 Cdn per share takeover of BCE by the Ontario Teachers' Pension Plan.

Citibank is estimated to be contributing between $11 billion and $13 billion of the deal's $32 billion in financing. TORSTAR NEWS SERVICE

Swift-action plan

- U.S. president-elect Barack Obama said he has high hopes for Congress to act quickly "so that our administration can hit the ground running. We cannot hesitate and we cannot delay," he told a news conference. REUTERS

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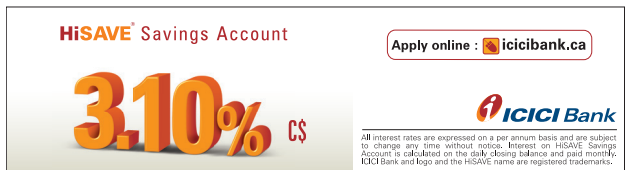
Your Money

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

Going for broke(r)



SmartCookies

If you are considering, even months or years from now, purchasing real estate, then the first person you should be talking to is a mortgage broker. Simply put, mortgage brokers help you find the best rates on mortgage products available at all financial institutions.

What's more, they have the knowledge required to present a proposal for financing to a lender (bank) in the best way possible to successfully obtain your mortgage and deal on your behalf with all potential lenders. Mortgage brokers represent you and not the lender and they come at a price tag that even surprised us: Free, in most cases. Mortgage brokers basically are paid their commission from the institution you end up using as your lender.

When you begin the process of searching for property it is essential to know what you can afford. However, just because you have been approved for a specific amount does not mean you need to take that full amount. Be sure that the mortgage amount and the monthly payments fit into your long-term financial plan.

Here are a few Smart Cookie tips:

Referrals:

Having a referral from a friend, acquaintance or family member is great when trying to find a mortgage broker. Buying a property doesn't always happen overnight, so you could be in this relationship for some time and it's best to find a good fit.

Commissions:

Ask your mortgage broker on what basis they make their recommendations. Mortgage brokers are paid commissions to sell loans, so make sure you ask plenty of questions about the commissions they are paid.

Research:

Do your own research via the Internet and phone. Ask what deals mortgage brokers have to offer and if there are any conditions attached. Remember, this home loan is likely to be part of your life for years to come so don't be afraid to ask tough questions.

Stick With Your Gut:

Make sure you feel confident about the person who is organizing your mortgage. Go with your gut on this one — if something doesn't feel right, chances are it isn't.

E-mail questions or comments at smartcookies@metronews.ca and visit smartcookies.com.

Tune in Wednesday night at 9 p.m. EST/PST on the W Network and be sure to visit smartcookies.com for more tips.

Mortgage brokers represent you, the borrower, and not the lender.

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Canada has voted!

CONGRATULATIONS JOEL CHARLEBOIS
winner with his photo ***Midnight Tram to Humber.***

His photo was voted best in Canada! Joel has won a ***Nikon D700 DSLR & Nikon 24-70mm F2.8 Zoom Lens*** *(valued at $4,988 CDN).*

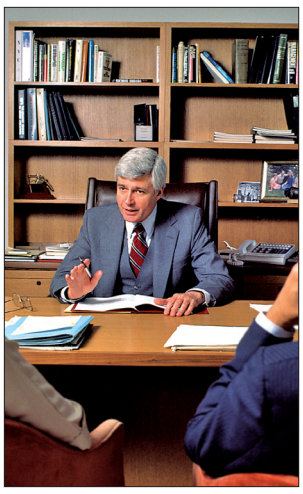
Other Canadian finalists (top to bottom): ***Life Rushing By*** ~ Lydia Macintosh • ***Granville Island Market*** ~ Bounkham Sengsavanh • ***Soggy City*** ~ Steven Lungley • ***Toronto Breaks*** ~ Steve Tunzi

Thanks for helping choose the top 5 Canadian photos that will go on to the global finals. A global jury chaired by Mario Delogu and including Canada's own Paul Wearing will deliberate over the top 5 entries from all twenty countries in the competition, and will select one international winner by December 3rd.

metronews.ca metro Do it daily.

Need more about mortgages?
CIBC's website (cibc.com) offers virtually everything you need to know about mortgages, including an online application. NEWS CANADA

Your Money



Consult with your real estate lawyer to resolve on or before closing.

Try to save land taxes

MoneyMatters
Henry Choo Chong
choochonghcga@yahoo.ca

Q Three weeks ago, my wife and I purchased our first home. We close two days before Christmas. Our down-payment is minimal and therefore has very little for closing cost. Every dollar will matter. Do we qualify for the Ontario land transfer tax rebate?
Cole and Jen, Ontario

A Congratulations! Very few accomplishments are as satisfying as owning your first home. Although real estate prices have declined, it continues to be a great investment over the long term and the next several months will have many more opportunities for first-time and non-first time buyers alike.

Land transfer taxes (LTT) can be a rude awakening for many purchasers in large Canadian cities, particularly unprepared, first- time buyers. Land transfer taxes are assessed on transfer of property in Ontario and are required to be paid by the purchaser. LTT is based on the value of the property at rates between one and two per cent. On a home of $400,000, the LTT would be in excess of $4,000. Unfortunately, that is not the end of bad news. An additional equal amount of LTT for Toronto homes is expected. That's a whopping $8,000, just for Ontario and Toronto LTT. The following may help you:

- First time buyers may qualify for an Ontario LTT rebate up to $2,000 on purchases of newly constructed homes. Re-sales are disqualified.
- First time buyers may also qualify for a Toronto LTT rebate up to $3,725 purchases of re-sale or newly constructed homes.
- Must be at least 18 years old (citizenship not required) and home must be owner-occupied no later than nine months after closing.
- Purchasers (including spouse) must not have previously owned a home anywhere in the world.

You should check with your real estate lawyer to resolve before closing.

Henry Choo Chong, CGA, provides professional accounting and taxation solutions: choochonghcga@yahoo.ca.

Tough times call for tough measures for financial security

With today's unpredictable market conditions, it's more important than ever to review your personal financial situation in the event you are affected by an unfortunate circumstance such as a sudden job loss or a work related disability.

Here are some helpful hints:

Monitor your spending habits

Eliminate unnecessary expenses. Cutting back on simple things like buying coffee and lunches every day can add up to thousands of dollars saved per year.

Save for a rainy day

Put away a small amount of your pay cheque for emergency purchases. This way you won't have to rely on credit.

Make sure your debt is insured

Insure your credit card balances with insurance products that will make your minimum monthly payments if you were to become disabled or have a loss of employment. According to a 2008 RBC Insurance / Ipsos Reid survey, 82 per cent of Canadians have credit cards, but only 20 per cent of those have credit card insurance.

Pay off your credit cards with the highest interest rate first

This can save you hundreds of dollars a year. Or, transfer high interest credit card balances to a card with a lower rate. Speak to your credit card company about getting a lower interest rate card.

More information is available online at rbcinsurance.com/insurancenee eds NEWS CANADA

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Home insurance

Don't forget renovations

- Canadians love to renovate their homes and will spend, on average, about 10 per cent more this year on their renovations, a steady increase year over year according to the RBC 2008 Renovation Study.
- A 2008 RBC Insurance/Ipsos Reid survey shows that 38 per cent of Canadians renovated their homes, but only 56 per cent of them updated their home insurance policy.
- If you've spent $30,000 on refinishing your basement and then experience a flood, you could lose that investment if you're not adequately insured.
- More information is available online at rbcinsurance.com or call 1-800-ROYAL-26. NEWS CANADA

Investing

Allan Small

The week's column looks at ways to invest for growth while keeping your principal safe. Visit metronews.ca

Ruling paves the way for Bonds trial

A U.S. federal judge has dismissed several charges against Barry Bonds but has left intact most of the indictment alleging he lied to a grand jury about taking performance-enhancing drugs. The ruling yesterday paves the way for Bonds to go to trial in March. METRO NEWS SERVICES

Sports

Sign of the times

General Motors has ended its nine-year endorsement deal with Tiger Woods amidst the auto industry's worst economic climate in decades. The endorsement deal, believed to be worth at least US$7 million a year, was to expire at the end of 2009. Woods has endorsed GM products around the world and mainly has been seen in Buick commercials. METRO NEWS SERVICES

SPORTS@METRONEWS.CA

Canucks: Luongo week-to-week

NHL Vancouver Canucks goaltender Roberto Luongo has been termed week-to-week due to an adductor strain in his groin.

With 15:06 left in the first period in Saturday's victory over the Pittsburgh Penguins, Luongo made a pad save but immediately fell down to the ice and could not get up. Luongo had a career-long shutout streak earlier in the season, going 242:36 without allowing a goal.

Leafs trade for Stempniak

NHL The St. Louis Blues acquired defenceman Carlo Colaiacovo and centre Alexander Steen from Toronto in exchange for right wing Lee Stempniak yesterday. Stempniak has three goals and 13 points in 14 games this season.

METRO NEWS SERVICES

O'Byrne's gaffe costs Habs

NHL RESULT

Islanders 4 Habs 3 (SO)

VS

Montreal defenceman Ryan O'Byrne scored into his own net on a third period delayed penalty to send the game to overtime, and Bill Guerin scored the clincher in the shootout to give New York Islanders a stunning 4-3 victory over the Montreal Canadiens last night.

With Montreal holding a 3-2 lead in the third period, Sean Bergenheim was whistled for holding and Carey Price left the Montreal net for an extra attacker.

The puck went into the Canadiens end and O'Byrne, while being pressured by Doug Weight, passed the puck back to no one and it slowly rolled into the net. Guerin was ultimately credited for the goal at 15:13 that made it 3-3.

O'Byrne did not see the ice again after the goal on his own net, and parts of the sellout Bell Centre crowd of 21,273 chanted his name in derision as the Habs filed off the bench toward their dressing room.

In the shootout, Price stopped Hunter but was beaten by Richard Park and Guerin, while on the other end Joey MacDonald stopped Andrei Kostitsyn and Alex Tanguay.

MacDonald stopped 23 shots in the game.

Steve Begin, Josh Gorges and Maxim Lapierre scored for the Canadiens, who have lost three of four. Price allowed three goals on 24 shots in the loss.

METRO NEWS SERVICES

REUTERS/SHAUN BEST

The Islanders' Mark Streit grabs Andrei Kostitsyn during last night's 4-3 New York win in Montreal.

Sports in brief

HOCKEY Hall of Famer Patrick Roy has another son in hot water with the QMJHL. Forward Frederick Roy of the Quebec Remparts was suspended 15 games yesterday for cross-checking an opponent in the head and for delivering a blow to the face of another player in an 8-2 loss to Montreal on Friday. Frederick's older brother, Jonathan, made national headlines in March after earning a seven-game suspension and a $500 fine. Roy is the head coach, general manager and part-owner of the Remparts.

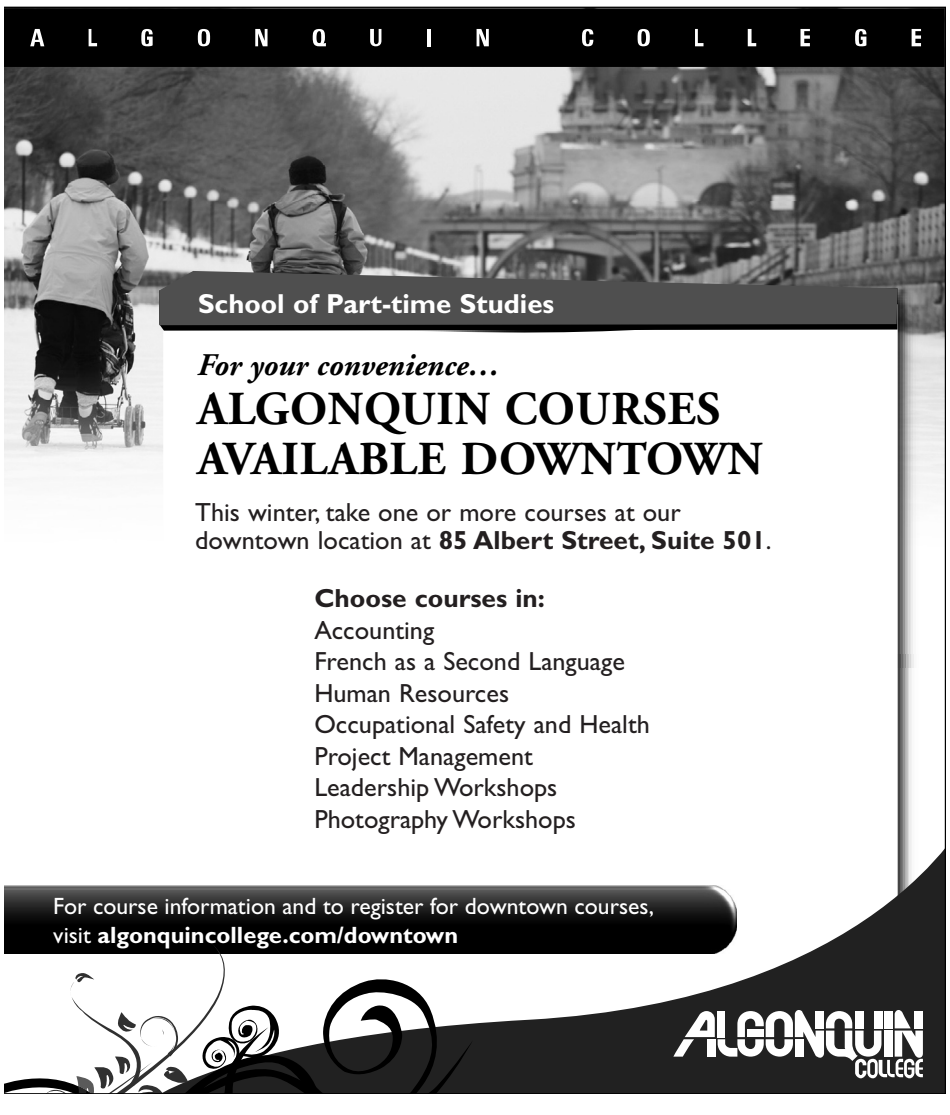
NBA The Washington Wizards fired head coach Eddie Jordan yesterday and replaced him on an interim basis with Ed Tapscott. METRO NEWS SERVICES

SCOREBOARD

NHL

YESTERDAY'S RESULTS

N.Y. Islanders 4 Montreal 3 (SO)
Florida 3 Carolina 2
N.Y. Rangers 4 Phoenix 1
Philadelphia 4 Dallas 3
Minnesota 4 Washington 3
Detroit at Vancouver
Colorado at Anaheim



Nash a New York kind of guy

B.C. native Steve Nash — the finest Canadian basketball player in history — will eventually become a member of the New York Knicks.

That's the word around the NBA, and it's being spread like wildfire by league sources who know their stuff. They predict Nash will be with the Knicks before 2010. Makes sense, too. Nash already has an off-season home in New York. He plays in a Manhattan soccer league during the off-season. And he has gone on record as saying New York would satisfy his cultural interests and foster his film-making desires.

There's also the fact that Mike D'Antoni is the new Knicks coach and used to be Nash's coach in Phoenix, where the point guard and the Suns excelled in a fast-paced system that is being introduced these days in New York.

YorkReport

Marty York

marty.york@metronews.ca

And, oh yes, the Knicks made two trades last week that cleared $27-million U.S. in their salary cap.

• A Knicks team featuring Nash, of course, likely would make life more miserable for their Eastern Conference rivals, including Canada's NBA franchise.

Despite starting one of the NBA's tallest frontlines in 6-foot-11 Jermaine O'Neal, 6-foot-10 Chris Bosh and 7-foot Andrea Bargnani, the Raptors have been playing subpar ball and languish near the bottom of their division with a 6-7 record. And some of the same folks who are whispering about Nash's future in New York are buzzing about what they perceive as the likely firing of Raptors coach Sam Mitchell before the all-star break. Indeed, Mitchell has been getting outsmarted by opponents too frequently this season and it's making NBA types believe they were bang-on a few years ago, when they voted him the league's worst coach in a Sports Illustrated poll. Not that Mitchell is entirely to blame for the Raps' woes. Club boss Bryan Colangelo also needs to take some heat, for a change. The Raps have virtually no depth — and that's his fault.

• Leftovers from Sunday's Grey Cup turkey:

The oddsmakers' line for most of the week was a pick 'em but the Alouettes were favoured by 1.5 points at kickoff, partly because national media types such as Chris Schultz and Stephen Brunt — who seldom dig up new information but often feel inclined to offer up predictions — suggested unabashedly that a home-field advantage would make Montreal a winner over the visiting Calgary Stampeders.

Well, the Stamps' defence and field-goal specialist Sandro DeAngelis dominated the game and led Calgary to a 22-14 victory.

Bottom line: Always consider your sources before wagering on games. And, remember, Metro told its readers last week that Calgary would prevail largely because of its defence and kicker.

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see ad in Your Money section

Did you know?
The most popular Continuing Education classes are certificate programs, which offer specialized, intensive — and flexible — professional study that leads to a certificate rather than a degree. **STUDYCANADA.CA**

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The Canadian Association for University Continuing Education is an organization of professionals dedicated to enlarging the scope and quality of continuing education opportunities for adults. For news and resources about this ever-changing field, visit cauce-aepuc.ca. METRO NEWS SERVICES

SPECIAL FEATURES EDITOR: STEPHANIE BOMBA, STEPHANIE.BOMBA@METRONEWS.CA

Distance learning on the rise

More grads, mature students looking to brush up on skills while working full-time

BRIAN TOWIE
brian.towie@metronews.ca

Bad times in the economy may mean good times for continuing education, especially in distance-learning programs.

More graduates and mature students are turning to distance-learning courses in lieu of the classroom as a way to brush up on their skills while working or tending to a family full-time.

Some institutions have seen significant growth: Memorial University of Newfoundland, for example, reported an overall 13.1 per cent increase in collective distance education registrations since 2007.

Not much of a surprise to John O'Brien, manager of media relations at Athabasca University, a school that has made distance learning its stock in trade since 1970. When job prospects darken, he says, people often return to school to develop new skills.

"Bad times can be busy times for us," he said. "Perversely, as the economy falters and more people are either laid off or underemployed, we do notice that our business — and this is not a good way to put it because that's not what we're here for — goes up."

The flexibility of distance education, be it online or by snail mail, is a major attraction for those who don't have the time to sit in class, O'Brien says. Unemployed or underemployed mature students, possibly living in rural areas with little or no access to a post-secondary institution or parents who must devote time to raising their kids, may find getting an education at their own pace a viable option.

When job prospects darken, people often return to school to develop new skills; distance learning is a popular way to do that.

"What distance learning students can also do is apply their courses towards credit for already existing courses at universities across the country," O'Brien adds.

The current financial downturn may increase enrolment numbers the longer it lasts. The Sloan Consortium, an online tracker of learning trends in the U.S., conducted a survey that found some 3.94 million students enrolled in at least one online course in the fall of 2007 in that country, an increase of 12.9 per cent from the previous year. According to most respondents in the survey, worsening employment opportunities contributed to the growth.

In Athabasca's case, graduate registration rates rose by 5.6 per cent between the 2003-04 school year and 2007-08.

O'Brien notes this is a double-edged sword: Revenue increases for schools offering distance-learning programs, but so do the costs of operating them and adapting them to a changing economy.

As classes grow — especially in open-university courses that require no previous requirements — more resources are needed to handle the volume of students.

"We don't want to see the economy tank," he added.

Professional development courses popular across Canada

SUZANNE BOWNESS
for Metro Canada

Professional development is increasingly important to today's workplaces, but meeting the need for focused and timely education is something that the University of Ottawa's Professional Training Service has been doing for years.

The service offers courses in everything from practical grammar to analytical thinking to executive correspondence to French skills for English speakers, in one- to four-day sessions that take place at the university campus or can be arranged in-house at a workplace.

Not surprisingly, given the program's Ottawa roots, the service sees a lot of government clients, but the service is equally popular among private sector and non-governmental associations, as well as self-employed individuals with an interest in updating their skills. Director Sylvain Leduc notes that the program really took off during the 1990s and remains popular today. "Clients are very happy about the results, and we have a lot of loyal customers," says Leduc. "People have come back for multiple courses over the years."

For professionals, the classes offer a chance to target their learning. Classes are capped at 16 participants for writing courses and 12 for management-type courses, with a focus on interaction. A tight screening process for instructors draws from University of Ottawa alumni, as well as professors and consultants, and focuses on finding teachers with an emphasis on professional experience. Particularly the case of in-house courses, instructors will collect writing samples in order to tailor the training and zero in on any weaknesses. "It's one thing for students to attend a class for 45 hours over a semester, but these learners want something dense, focused, and concentrated," says Leduc. At the end of the course students receive a certificate of completion, as well as web tools to continue learning on their own.

While regular courses are based in Ottawa, the Professional Training Service sends out 20,000 brochures across Canada twice a year to offer its courses to workplaces across the country. As a result, the service has facilitated courses from locations in the West all the way to the Atlantic provinces.

All registration and placement tests are done online, and employers generally contact the service's project co-ordinators through their website.

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Working in health care can be risky, study shows

A new study from the Centers for Disease Control and Prevention shows that health care workers are more likely to die from bloodborne infections and related illnesses than people working in other occupations. REUTERS

Health

Have a helping of mighty capers

Having a steak or burger? Add a sprinkling of capers. An Italian study published in the Journal of Agricultural and Food Chemistry found that capers contain isothio-cyanates, compounds that are thought to help protect against cancer. Capers, the pickled buds of a Mediterranean flower, are especially good for people whose meals are rich in fats and red meats, say researchers from the University of Palermo. BEST HEALTH MAGAZINE

EDITOR: ANN-MARIE COLACINO, ANN-MARIE.COLACINO@METRONEWS.CA

Avoid spreading tooth decay

Parents should be wary of bacteria in their mouths

Mothers can transmit germs that could lead to tooth decay by licking a spoon and then using it to feed her baby.

CELIA MILNE
for Metro Canada

You may not realize it, but your mouth contains bacteria that can spread to your children and harm their teeth.

That is one of the messages in a new campaign recently launched by the Ontario Dental Association.

"Only nine per cent of the public realizes that tooth decay is an infectious illness," says Dr. Ian McConnachie, past-president of the Ontario Dental Association and a pediatric dentist in Nepean, Ont. "They don't realize it can spread from person to person or within the mouth."

Tooth decay is caused by bacteria. These germs don't exist in babies' mouths when they are born, but can be transmitted to them, "usually from mom," says Dr. McConnachie. For instance, before putting the soother in her baby's mouth, she licks it. Or she licks a spoon and then uses it to feed the baby. Once in the baby's mouth, the bacteria grow and eventually cause tooth decay.

"We are seeing tooth decay in children rising at a rapid rate," says Dr. McConnachie. Over the last 25 years, rates of tooth decay in North America had been declining, but in the last five to 10 years, they have started to creep back up, he says. In some regions, more than half of kids have cavities by the age of five.

To prevent tooth decay, children should begin seeing a dentist regularly before their first birthday, according to the ODA. Dental health programs provided by the government should target preschool kids, says Dr. McConnachie, instead of waiting until children already have tooth problems.

Tips for parents

There are some measures parents should take to avoid tooth decay in children:

- If your baby sleeps with a sippy cup, fill it only with water.
- Look at your child's teeth. Watch for lines, spots or changes in colour, which could be signs of decay.
- Change your child's toothbrush every one to three months or after an illness.
- Do not share spoons, cups, food, toothbrushes.
- Do not lick your baby's soother.
- Help your child brush his/her teeth.

CELIA MILNE/FOR METRO CANADA

About 40% of women aged between 15 and 55 suffer from a lack of iron. Additionally 75–80% of all women who are planning pregnancy do not have enough iron in their blood. It is recommended that these two groups change their diet or take an iron supplement.

Tired, Tired, Tired?

You may be iron deficient

This is the conclusion to a recent study carried out by the Food Directorate in Denmark, which also recommends iron supplements for children, since anaemia can cause problems with mental development.

Fatigue and lack of energy are often caused by a lack of iron

Worldwide, anaemia is the most frequent nutritional deficiency and is shown by a lack of energy and fatigue.

Iron is an important constituent of blood. Because blood transports oxygen to the muscles and the brain, it soon becomes obvious if we are not forming enough blood. We feel tired, look pale and are quickly worn out by both physical and mental exertion.

Iron supplements recommended

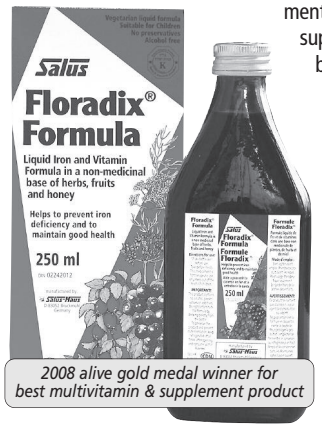
The problem, according to the Food Directorate's report on the matter, is that only 1-10% of the iron content in food is absorbed. Vitamin C helps the absorption of iron, but overall it is impossible for the groups of people defined above to get sufficient quantities of iron in their normal diet. In addition, so many people are unnecessarily tired when much of the problem can be solved with an effective iron supplement.

Clear iron deficiencies in pregnant women

According to the Food Directorate, fertile women who are planning a family, show "clear iron deficiencies". Women who are planning to become pregnant should have iron levels of at least 500 mg. Only about a fifth of fertile women have iron levels that are this high. In addition, there is also a risk for pregnant women of unforeseen blood loss.

Mental development problems in children caused by anaemia

The Food Directorate's report states that anaemia in children is more likely to occur during the time when the child is being weaned, i.e. between the ages of 12 and 24 months. At this time, the speed of the child's growth, and thus the iron requirement, is especially high. The most serious consequence of anaemia is a negative effect on the child's mental development, during which time the brain grows quickly. Many studies have shown a strong correlation between a lack of iron and reduced mental and motor development. Iron supplements can help to produce far better mental development in children and young adults.

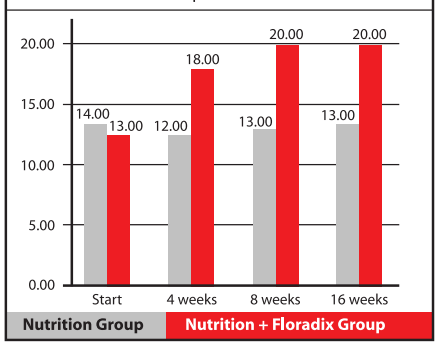


2008 alive gold medal winner for best multivitamin & supplement product

Less tired with a liquid iron supplement

The fact that iron supplements reduce fatigue and stress factors is shown in a Danish study in which Virum-Sorgenfri's best female handball players took part in a test using Floradix Liquid Iron Formula supplement. Fatigue, stress and athletic performance were measured before and after a course of treatment of Floradix. The conclusions after 1 month were extremely significant. Based on blood samples before and after, it was shown that their iron levels had risen by 33%.

*Comparison of median serum ferritin values in Floradix supplemented versus control subjects over the 16 week treatment period.



*Adzersen KH, Loewe-Mesch A, Freivogel K, Gerhard I. Examination of the effectiveness of Floradix (liquid) in women with low ferritin level. Department of Gynecology, Endocrinology, and Fertility disorders, Heidelberg Women's University Clinic, 2002.

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Number of asthma cases inflated
Some 30 per cent of adult Canadians diagnosed with asthma do not actually have the disease, research out of the University of Ottawa suggests. **TORSTAR NEWS SERVICE**

A recent article argued for the need of a "date local" movement to reverse the carbon print caused by long-distance romance.

Environmentally friendly dating

This time of year tends to bring out our charitable side. And these days, it seems, one can do anything to raise money for a good cause. Even date.

"The Vancity Bachelor" has vowed to donate $5,000 to a local charity in the name of the person who introduces him to his future wife. The Vancouver man, who wishes to remain publicly anonymous, is apparently a successful career man (he cites his devotion to his career as one of the reasons he is still single) who is ready to settle down and start a family. He frowns upon nightclubs and dating services as ways to meet the love of his life and instead is willing to enter into an e-mail correspondence (Vancitybachelor@gmail.com) with any interested parties to determine if there is enough of a connection to start dating.

Donating to charity isn't the only way one can date conscientiously. A recent article at Slate.com argued for the need to create a "date local" movement to reverse the carbon print caused by long-distance romance. Just as the local food movement encourages us to eat only what is produced within a 100 mile radius of our homes, the article encouraged people to start thinking in terms of "sex miles" (the distance someone travels to hook up with you) and date sustainably by becoming a "locasexual."

If you must date long distance, you can at least do what a friend of mine does when she travels to Dallas to see a guy she met online. When she books Air Canada, she pays $6.40 for the airline's carbon footprint offset option. When she gets a better deal through another airline, she goes to zerofootprint.net and calculates what her carbon footprint is for her trip and then purchases offsets at the site's ZeroFootprint Carbon Shop.

But why stop at dating? You can also make your sex life more environmentally friendly.

(One movement) encourages people to start thinking in terms of "sex miles" ... and date sustainably by becoming a "locasexual."

Toronto-based sex shop Come As You Are (comeasyouare.com) favours manufacturers who provide fair wages for their workers and use manufacturing processes that have less negative environmental impact. They advise purchasing sex toys made of non-latex, phthalate-free silicone or elastomer and to look for Canadian-made and organically sourced, preservative-free massage oils and lubricants.

Lastly, go animal free. Come As You Are sells Glyde, a vegan condom, as well as a line of vegan restraints and harnesses.

With a little conscious effort, dating and sex can feel good in a whole new way.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

Fast eaters gain more

Way we eat has impact on weight, too, doctors say

CELIA MILNE
for Metro Canada

Eating fast and eating until you are full are no-no's if you are trying to lose weight. If you do both — eat fast and fill up — you triple your risk of being overweight.

Doctors feel that the way we eat — not just what we eat — has an impact on our weight. This finding comes from a Japanese study that surveyed more than 3,000 people. Researchers asked them detailed questions about their eating habits and also took measurements such as body mass index. They were also asked about physical activity and smoking, as these could have an effect on outcomes. Among the volunteers, 50 per cent of men and 58 per cent of women reported eating until they felt full.

When asked about eating quickly, 45 per cent of men and 36 per cent of women admitted they did eat fast. When researchers crunched through the numbers, they found that the risk of being overweight when volunteers had both eating behaviours (eating until full and speedy eating) compared with neither was three times greater.

ISTOCK PHOTO

Researchers found the risk of being overweight was three times more likely with people who ate quickly and until they were full.

This may have important ramifications in the fight to curb obesity. Four hundred million people around the world are obese, according to the World Health Organization.

Perhaps we need to take the time to enjoy our food, but not quite so much of it.

Smoking, drinking increase stomach cancer?

RESEARCH Drinking alcohol and smoking cigarettes appear to increase the risk of certain common throat and stomach cancers, Dutch researchers reported recently.

The findings, presented at an American Association for Cancer Research meeting in Washington, underline other health recommendations for people to follow a healthy lifestyle and drink and smoke only in moderation.

"It appeared that current smokers have the highest risks, and former smokers have an intermediate risk compared with never smokers," Jessie Steevens, an epidemiologist at Maastricht University in the Netherlands, said in a statement.

The incidence of stomach cancer has fallen dramatically in the United States and western Europe over the past 60 years.

REUTERS

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Simply by looking in your mouth, your dentist may find signs of such things as **anemia, diabetes, heart and liver disease, immune system disorders, dietary issues, even arthritis** to name only a few. Some have suggested that up to 90% of systemic diseases will display oral symptoms.

Signs of health issues will vary depending upon the nature of an illness. They may include a pale-coloured mouth, unusual bleeding, a smooth or red tongue, erosion of the enamel of the teeth or lesions.

For some people, these oral symptoms may be the first signs of underlying health issues. You may not be aware that your health is at risk. However, **your dentist may uncover these issues** during a complete dental examination.

Healthy Habits Lead to Healthy Lives
Dr. David Lui
Dental Surgeon

And of course, **a complete examination may also uncover early warning signs of cancer.** Cancerous lesions often form under the tongue or other parts of the mouth that are difficult to see simply by looking in a mirror. Furthermore, use of such products as Vizilite Plus can help your dentist locate lesions still in a pre-cancerous stage. We all know the importance of early detection!

In addition to helping diagnose potential health issues, **your dentist can play a vital role in preventing those health issues from developing in the first place.** The key is to make sure you have a healthy mouth.

A mouth that is healthy mouth is an ideal defense against bacteria and viruses that can lead to disease. **Saliva is full of antibodies and enzymes that provide a great defense against many health concerns.** Yet it will only function properly in a healthy mouth.

To keep your mouth healthy, **you need to make sure you have a good oral health regimen,** which includes daily flossing and brushing, plus regular visits to your dentist. It also means maintaining a healthy diet that limits the intake of sugar, fat and alcohol.

By no means should your dentist take the place of your family doctor. However, it is very important to understand that there is a link between your oral health and your overall health. Talk to your dentist to discover more about this vital link.

And remember, maintaining a healthy mouth is a healthy habit…and healthy habits lead to healthy lives.

Twilight sequel in the works

Actor Rob Pattinson has reportedly confirmed there will be a sequel to vampire love story Twilight, and he will star in the epic. Producers want to capitalize on Twilight's success, by turning Meyer's second book, New Moon, into a follow-up film. IMDB.COM

Entertainment

No Doubt tour

No Doubt (front woman Gwen Stefani, left) is to get back together for a tour in 2009 as the band puts the finishing touches to their first studio album in seven years. BBC NEWS ONLINE

EDITOR: TINA COSTANZA, TINA.COSTANZA@METRONEWS.CA

Woman in red

U.S. political shift has Ani DiFranco smiling

ROB MCMAHON
for Metro Canada

For Ani DiFranco — and as she describes it, much of New Orleans — it's been a Red Letter Year.

DiFranco, who's just released an album of that name and moved to the Big Easy, described neighbours congregating on streets and popping champagne bottles after the recent presidential election.

"There's this incredible feeling, people are so full of joy and hope ... I tear up when I think about it," said DiFranco."

The political situation is just one reason the eclectic punk-folk artist is grinning. She's now a mother, with little Petah Lucia serving as a muse. Her partner and co-producer Mike Napolitano adds new layers to her poetic lyrics and rhythmic compositions, bringing in instruments like a vibraphone and marimba, and committing what DiFranco jokingly calls the "blasphemy of blasphemies" — muting the guitar on beat-heavy tracks like Smiling Under.

While DiFranco is no stranger to creative conflict — an esthetic reflected in her resolutely DIY ethos, her trademark slap-strum guitar and her willingness to self-reflexively tackle political issues in her lyrics — this year finds her a lot more chilled-out. From the mellow dedication to her daughter Present/Infant to the raucous, horn-heavy closer Red Letter Year Reprise, DiFranco sounds happy. Could be the gumbo: She described New Orleans as vibrantly alive, despite ongoing lackadaisical government response to the devastation of Hurricane Katrina.

"A lot of people are rebuilding by pulling themselves up with their own bootstraps, and in a lot of areas of town — the most devastated areas — nothing has improved."

That said, DiFranco remains an optimistic activist, and not just politically. New distribution tools like the Internet help independent musicians, but accompany an explosion of touring bands that can no longer rely on record sales, leading to more competition for venue space. But the self-described tour warrior welcomes the challenge — and the chance to continue building community through music.

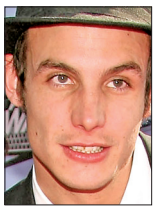
"There's nothing that approximates the experience of having hope and getting together with people and experiencing each other — hearing live music for real. That's how I built my career."

In concert

• Singer Ani DiFranco perfroms at the Metropolis in Montreal tonight.

Red Letter Year is the latest CD from Grammy winner Ani DiFranco.

Fielder-Civil loses appeal



Fielder-Civil

PEOPLE The husband of British soul singer Amy Winehouse lost a High Court appeal yesterday against a 27-month jail sentence for attacking a pub landlord in 2006 and then trying to cover it up. Blake Fielder-Civil's legal challenge was rejected by the Court of Appeal in London.

"I am disappointed but not really surprised," he said after the hearing.

Fielder-Civil was released on parole last month after spending around a year in prison on condition he checked into a drug rehabilitation centre.

Boy George goes to trial

PEOPLE Singer Boy George handcuffed a male escort to the wall of his London home after accusing him of hacking into his computer, a court heard yesterday at the start of his trial on false imprisonment charges.

The former Culture Club frontman, being tried under his real name George O'Dowd, made contact with 29-year-old Audun Carlsen over the Internet and the pair arranged to meet for a pornographic photo shoot.

Snaresbrook Crown Court in London heard how the meeting appeared to be going well until O'Dowd started to suspect Carlsen of hacking into his computer. But they parted on good terms and the singer paid the younger man $561. REUTERS

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primetime 11/25/08	265	353	2	TVO	Undersea Exp.	Parks	The Agenda With Steve Paikin		The Children (Part 2 of 3) (N)		The Mummy Diaries		Agenda-Paikin
	211	331	3	GTV	ET Canada	Entertainment	House "Last Resort" (N)		(9:08) NCIS "Dagger"		(10:08) Kitchen Nightmares		News (N)
	-	-	5	SRC	Virginie (SC)	La Facture	Le Débat des chefs (N)				Le Téléjournal (N) (SC)		La Zone
	209	342	6	CHRO	Instant Star	TMZ (N)	Pushing Daisies (N)		(9:08) Fringe (N)		(10:07) Comedy Now		News (N)
	196	311	7	CTV	Hollywood	etalk	Law & Order: SVU		Dancing With the Stars				News (N)
	208	303	8	CBC	Coronation St.	Jeopardy! (N)	Rick Mercer	22 Minutes	The Tudors		CBC News: The National		The Hour
	-	360	9	NBC	Wheel-Fortune	Jeopardy! (N)	The Biggest Loser: Families (N)				Law & Order: SVU		News (N)
	117	713	10	TVA	Star Système	Histoires-filles	Le Débat des chefs (N)				TVA 22 heures	(10:45) Denis Lévesque	
	-	-	11	QS	Beauté	Loft Story	Les Célibataires (SC)		La Verité choc		Cent dix pour cent (SC)		Loft Story
	137	763	12	TFO	Panorama		Canada	Villages	*L'Année dernière à Marienbad* (1961, Drame)			Aventures	Les Couleurs
	-	362	13	CBS	Dr. Phil (HDTV)		NCIS "Dagger" (N)		The Mentalist (HDTV) (N)		Without a Trace (N)		Two/Half Men
	216	395	14	OMN2	Cold Case "Kensington"		News (N)		News (N)		Two/Half Men	King	Cold Case
	214	344	15	CITY	Law & Order: SVU		Rita Rocks	Rita Rocks	Stylista		Hates Chris	Friends	News (N)
	115	343	16	CFMT	Two/Half Men	The Simpsons	News (N)		Vivere II	News (N)	The Simpsons	King of the Hill	Metropia
	218	345	18	E!	The Insider (N)	E! News	The Biggest Loser: Families (N)				The Best Years (DVS)		News (N)
	-	361	20	ABC	News (N)	Entertainment	A Charlie Brown Thanksgiving		Dancing With the Stars				News (N)
	512	396	24	CPAC	La Période de questions		Heure polit.	L'Heure politique				Revue	Période-quest.
	651	355	25	CTS	Happy Days	Laverne	Michael Coren Show		100 Huntley Street		Life Today	This Is Day	John Hagee
	-	365	36	FOX	TMZ (N)	Seinfeld	House "Last Resort" (N)		(9:08) Fringe (N)		(10:07) News (N)		News
	-	-	64	PBS	Business Rpt.	Whiz Quiz	Nova (HDTV) (N) (DVS)		Frontline (HDTV) (N) (DVS)			Ready Digital	Tavis Smiley
	205	312	104	CTV	Hollywood	etalk	Law & Order: SVU		Dancing With the Stars				News (N)
news	502	390	26	NW	CBC News	Newman	The Hour		CBC News: The National		Cubers (N)		National
	500	500	33	CNN	Lou Dobbs Tonight		Campbell Brown: No Bias		Larry King Live		Anderson Cooper 360 (HDTV)		
sports	406	417	27	net	Air Racing		World Combat League		The Ultimate Fighter		Sportsnet Connected (Live)		Hockey Central
	126	730	28	RDI	Débat des chefs						Analyse du débat		
	400	280	30	TSN	That's Hockey!	Madden Nation	Boxing Jeff Lacy vs. Jermain Taylor. (HDTV)				SportsCentre (HDTV) (Live)		
	410	403	52	SCR	Cabby Unlimit	Court Surfing NBA news, scores and highlights.					Score Tonight		Hockey Talk
	411	457	56	OLN	(6) The Amazing Race 6		Survivorman		Angry Planet	Flying Doctor	Which Way to... (N)		Pilot Guides
	417	406	59	SC	Pinks	Pass Time	Low Life	Low Life	Super Bikes!	Super Bikes!	Unique Whips	Hot Import	Pinks
family	554	544	48	TEL	George-Jungle	Bugs Bunny & Tweety Show		Wayside	Johnny Test	Futurama	American Dad	Robot Chicken	Rick & Steve
	557	540	51	FAM	Wizards-Place	That's-Raven	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek	Ned's School	Cory in House	Zack & Cody
	551	542	65	YTV	Malcolm-Mid.	Home Improve.	Malcolm-Mid.	Sabrina-Witch	Futurama	Prank Patrol	Mystery Hnt.	Adrenaline Proj	Mystery Hnt.
cable variety	570	580	29	MM	mmmtop	Where You At	Listed		Popaganda		Don't Forget the Lyrics!		Party of Five
	615	520	31	A&E	CSI: Miami "Shattered"		The First 48 (HDTV)		The First 48 "Blackout"		The Rookies	The Rookies	Jacked: Theft
	628	584	32	SPKE	*Star Wars: Episode III -- Revenge of the Sith* ★★★ (2005, Science Fiction) Ewan McGregor.						MANswers	MANswers	MANswers (N)
	521	560	34	TLC	Dwarfs: Big Steps		My Shocking Story (N)		Mystery Diagnosis		Dr. G: Medical Examiner		Shocking Story
	145	761	35	TV5	Toute une histoire		Pékin express: la route de l'Himalaya			Suisse	Champ. nature	Humanima	Journal TV5
	616	521	39	SHO	About a Girl	About a Girl	The Best Years (DVS)		Testees	Trailer Park	The Shield		House
	620	523	40	BVO	Desperate Housewives		Live at the Rehearsal Hall		Crossroads of Rock N' Roll		Bravonews	Side-Dick Dale	Law & Order
	520	505	42	DIS	Daily Planet (N)		How It's Made	How It's Made	Destroyed	Destroyed	Dirty Jobs		Daily Planet
	575	583	43	CMT	Canada Countdown		Home Improve.	Home Improve.	Reba	Reba	Hope & Faith	Hope & Faith	Cheerleaders
	601	562	45	SLC	End of Leash	ET Canada	Wedding SOS	In Laws	Rich Bride, Poor Bride		Tori & Dean: Home		Wedding SOS
	625	548	46	COM	Air Farce	Just for Laughs		Corner Gas	The Simpsons	South Park	S. Silverman	Flt.-Conchords	Daily Show
	294	529	47	TBS	House-Payne	House-Payne	*After the Sunset* ★★ (2004, Comedy-Drama) Pierce Brosnan.				Steve Harvey	Family Guy	Family Guy
	600	564	49	H&G	House Hunters	Property Virgin	Pure Design	Style	Sarah's House	Design Inc.	Colin & Justin's Home Heist		Holmes-Homes
	627	528	50	SPC	Lost		Star Trek: Next Gener.		Battlestar Galactica		Rabbit Fall (N)	The Circuit	Stargate SG-1
	581	566	53	MTV	Busted	After	MTV News	Cribs	Paris Hilton's My New BFF		Paris Hilton's My New BFF (N)		MTV Live
	618	524	54	TROP	Beverly Hills, 90210		Planet Soap	What Happen?	Family Guy	Seinfeld	Seinfeld	King	Family Guy
	522	506	55	HIS	NCIS		Outlaw Bikers		Ax Men		NCIS		Crime Stories
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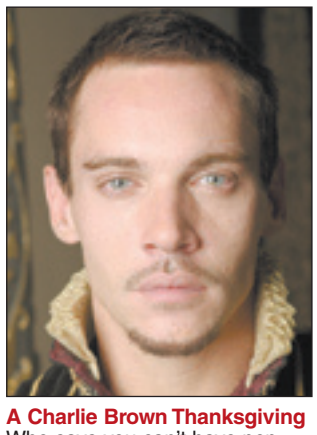
	261	394	61	V	Murder, She Wrote		Bless-Father	On the Buses	Quantum Leap		Vendetta Song		MythQuest
	602	567	62	W	Will & Grace	Friends	How to Look Good Naked		Style by Jury	Style by Jury	How to Look Good Naked (N)		Maxed Out
	269	350	70	APTN	Wings-Canada	Great Towns	Wapos Bay (N)	Rez Rides	Fish Out of	Mixed Blessing	First Nation	Rabbit Fall	Moccasin Flats
	621	527	71	TLK	The Ellen DeGeneres Show		TMZ (N)	etalk	The Tonight Show-Jay Leno		Paris Hilton's My New BFF (N)		TMZ
	603	561	95	FN	The Main	Chef at Home	Restaurant Makeover		The F Word		Chef School	At the Table	Restaurant

critics' corner

The Tudors
Someone send her a copy of "He's Just Not That Into You." There just isn't a lot of security in being hooked up with Henry VIII, as Anne Boleyn discovers once again when the king makes his newest love interest, Jane Seymour, a lady in waiting. Later, when the king is injured in a jousting match, everyone starts thinking about his successor — and he still lacks a male heir. 9 PM on 8 CBC



A Charlie Brown Thanksgiving
Who says you can't have popcorn and toast for Thanksgiving dinner? That's the menu when Snoopy is put in charge of making a feast for the Peanuts gang. But Peppermint Patty throws a fit and almost ruins the holiday with her attitude. 8 PM on 20 ABC

Without a Trace
Jack and Samantha head for Los Angeles on the trail of a man who disappeared after attending his employee's funeral. The case takes a turn when the agents discover the true reason for the missing man's West Coast trip in "Better Angels." 10 PM on 13 CBS

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Making amends, IntelleVision style

IntelleVision

Rick McGinnis
rick.mcginnis@metronews.ca

Another recent Variety article paints an even bleaker picture, comparing the networks to the Big Three auto manufacturers, finally reaping the whirlwind of a downturn that everyone saw coming.

DON'T SHOOT THE MESSENGER: Yesterday's column on CTV's recent woes ended up feeling like an argument at a dinner party, right down to the hurt feelings and regrets, and the half-hearted apology the next day after the wine hangover wore off. An e-mail from the network is prompting the latter though, like the dinner party fracas, it probably won't satisfy everyone.

Susanne Boyce is CTV's creative president; Suzanne Boyd is the onetime editor of Flare, the fashion magazine. Writing in haste made me confuse one with the other, which gives you some idea of the mnemonic wasteland that too many years in the media can leave in their wake — mea culpa.

And the reason that three recently cancelled ABC shows don't show up on CTV's website is because they were on A Channel, the network's kid sister channel in the CTVglobemedia family tree, though in the end the difference simply boils down to separate columns in the media conglomerate's spreadsheets. Mea sorta culpa, in other words.

The e-mail pointed out that CTV's main competition, Global, has been suffering more from cancelled U.S. series (My Own Worst Enemy, The Ex List) and underperforming one-time hits (Heroes, Prison Break).

Which is true, but it doesn't diminish the undeniable fact that network primetime is experiencing an annus horribilus, just after a couple of consecutive annus bringdowns, and as a prelude to what looks like an annus craptacular.

CTV still retains its number one status, but as a recent Variety article pointed out, total viewership in Canada is down, and the network is sharing the 18 to 24 demographic neatly with Global, the competition, who still have House and Survivor. CTV will probably keep the upper hand thanks to So You Think You Can Dance and Canadian Idol in their U.S. and Canadian iterations.

Another recent Variety article paints an even bleaker picture, comparing the networks to the Big Three auto manufacturers, finally reaping the whirlwind of a downturn that everyone saw coming.

Viewership in the 18-to-49 demographic has fallen a further 13 per cent this year so far, and the numbers that make a show a hit would have been mediocre a few years ago.

"How low can they go?" the Variety piece asks. "And at what point can the networks no longer monetize ratings that don't look much better than cable?"

The old business model is broken, and insisting that you're still on top basically means that you'll be the last head bobbing in the water. I wish there was a nicer way to say it, but there it is.

Rick McGinnis writes about music, movies, books and television, but not opera.

GlobalStyle

Kenya Hunt

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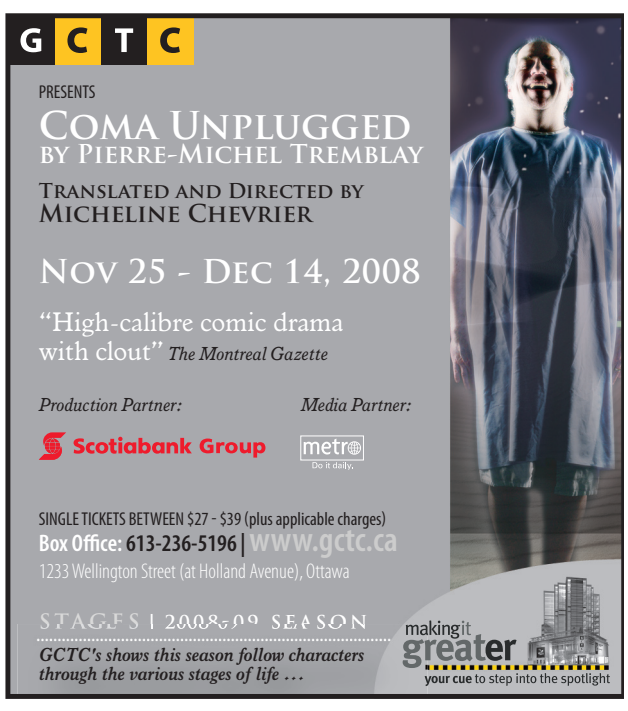
Missing musician declared dead

MUSIC Missing Manic Street Preachers guitarist and songwriter Richey Edwards has been declared as presumed dead, 13 years after he disappeared, a spokesman for the Welsh rock band said yesterday.

"There has been a change in his legal status," said the spokesman, adding Edwards' parents had been granted a court order to that effect.

Edwards disappeared in February 1995, when his car was found abandoned near the Severn Bridge, linking England and Wales. Despite alleged sightings of him since, he is widely believed to have taken his own life. **REUTERS**



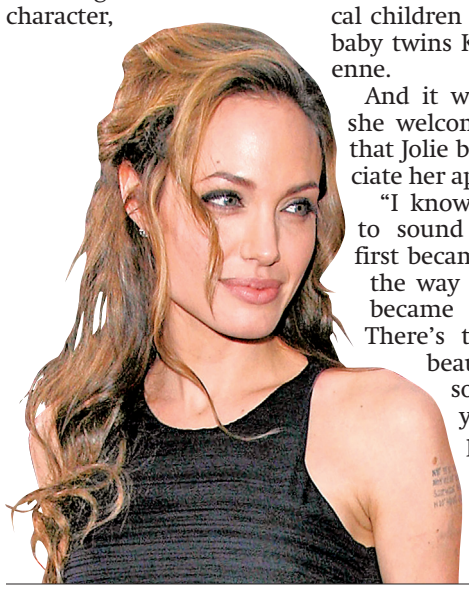
Tyra's show to slim down

Tyra Banks is facing a raft of cuts to her daily show, as U.S. networks feel the pinch of the global economic downturn. The Tyra Banks Show is to move to CW network's afternoon slot and will see the production schedule cut to reduce costs. **IMDB.COM**

Celebrity Buzz

Jolie pleased to be aging

BEAUTY Angelina Jolie only started to be happy with the way she looked when she became a mother because it gave her face more character, imdb.com reports.



The actress and her partner Brad Pitt have adopted children Maddox, 7, Pax, 4, and Zahara, 3, and biological children Shiloh, 2, and baby twins Knox and Vivienne.

And it was only when she welcomed the twins that Jolie began to appreciate her appearance.

"I know this is going to sound corny, but I first became happy with the way I look when I became a mother. There's this idea that beauty is when someone does your hair and puts a lot of makeup on you and sticks your face on the cover of a magazine. Is that beauty?" she tells Britain's You magazine. Jolie is pleased she is getting older, because she is looking more like her late mother, Marcheline Bertrand, who died last year from cancer.

"You know what is beautiful? My mom. She was beautiful to me, and I look more like my mom as I get older," Jolie adds. "Something else comes out of you when you become a parent and, as you get older, you start to see more character in your face. Now, when I look at myself, I just see somebody at peace, and I see a mom, and I see my own relatives in my face — and that's a kind of beauty that exists for everybody and doesn't disappear."

METRO NEWS SERVICES

Madonna trying to coax Spears back

RELIGION Madonna has offered Britney Spears full use of her New York home in a bid to tempt her back into her Kabbalah religion, according to reports.

The pop star is allegedly keen to get Spears back into studying the ancient faith, an off-shoot of Judaism, femalefirst.co.uk reports.

Spears reportedly turned her back on Kabbalah after giving birth to second son Jayden James in 2006, when she declared, "I no longer study Kabbalah. My baby is my religion."

A source tells Britain's The Mail on Sunday, "Madonna is determined she can get Britney back into Kabbalah. She has offered her a suite of rooms at her apartment in New York and has told Britney she is her surrogate mother. Britney used to wear the red Kabbalah bracelet and read the books Madonna gave her and she is thinking about giving it another chance."

A spokesman for Spears has refused to dismiss the reports, saying, "Britney wouldn't really comment on that, it's just a case of wait and see what happens."

METRO NEWS SERVICES

Stewart putting school on hold

EDUCATION Actress Kristen Stewart has put her dreams of attending a prestigious American university on hold because she has "an authority issue," imdb.com reports.

The 18-year-old Twilight star has yet to finish her high school studies, since her acting career has skyrocketed with attention from the new vampire film.

Stewart admits her own teen angst is to blame.

"It's sort of embarrassing but I'm finishing my last year of high school," she says. "It's been a bit of a rough road. I'm entirely self-indulgent and I put things off so I just took a little longer but it's OK. I have a bit of an authority issue. I've grown up saying, yes, I'm going to get to an Ivy League (private university). I definitely have a future in academics, it's just not a really conventional one. I don't know what happened but I'm going to do my own thing for a while."

METRO NEWS SERVICES

Paltrow nets six-figure paycheque

SPOKESPERSON Actress Gwyneth Paltrow has scooped a six-figure paycheque after signing on as the spokesperson for American Express credit cards, imdb.com reports.

Paltrow will feature in a series of new advertisements to promote the financial firm, adding to her portfolio as the face of cosmetics giant Estee Lauder and fashion house Tod's.

The exact sum of money Paltrow will receive for the promotion has not been disclosed.

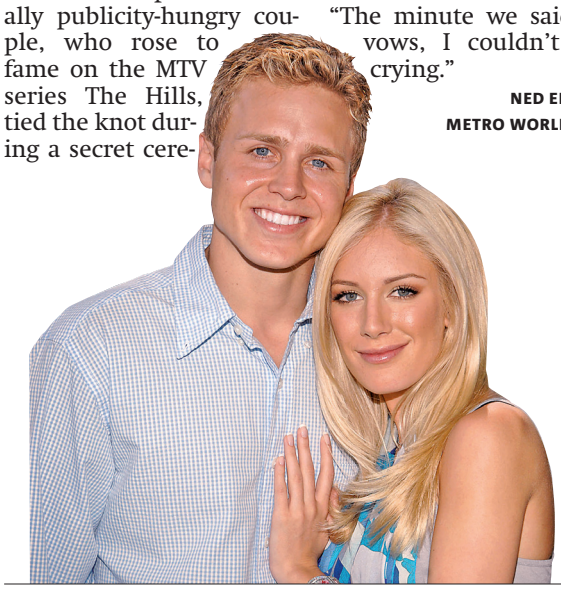
GETTY IMAGES PHOTOS

METRO NEWS SERVICES

Heidi, Spencer elope

WEDDING Reality TV stars Heidi Montag and Spencer Pratt have eloped. The usually publicity-hungry couple, who rose to fame on the MTV series The Hills, tied the knot during a secret ceremony in Mexico. Montag confirmed the news to PerezHilton.com, saying, "The minute we said our vows, I couldn't stop crying."

NED EHRBAR/ METRO WORLD NEWS



Hudson's shoe addiction

FASHION Kate Hudson owns "more than 400 pairs of shoes," femalefirst.co.uk reports.

The actress reportedly finds it difficult to restrain herself when she sees footwear she wants to buy and consequently has a wardrobe full of pumps.

"I'm a total shopaholic! I've tried to stop, but I love clothes and fashion way too much! I probably own more than 400 pairs of shoes. That's a lot, isn't it?" Hudson says.

Hudson, who has a four-year-old son, Ryder, with ex-husband Chris Robinson, also revealed she thinks it is unfair when people think a woman's sexiness departs when she becomes a mother.

"Hey, single moms can still be sexy!" she adds. "You just do the best you can. I think any mother, working or not, should take a little time out every day to be themselves."

METRO NEWS SERVICES

Fox doesn't think of herself as foxy

BEAUTY Actress Megan Fox thinks little of her looks, comparing herself to a female version of rocker Ted Nugent, imdb.com reports. The Transformers star, 22, was recently voted Sexiest Woman in the World by FHM magazine. But she is unconvinced by the praise. "I don't think I'm a sexy, beautiful woman," Fox tells GQ magazine. "I look like Ted Nugent in a black wig."

METRO NEWS SERVICES

Wood moves on to Gordon-Levitt?

RELATIONSHIPS Actress Evan Rachel Wood has sparked reports she's moved on from her romance with rocker Marilyn Manson after she was spotted in the arms of actor Joseph Gordon-Levitt in Los Angeles, imdb.com reports.

Wood and Gordon-Levitt appeared together recently at the Hamilton Behind the Camera Awards. According to the National Enquirer, Wood has ignited a new love affair.

"This thing with Joseph has come out of nowhere," a source says. "They've taken everyone by surprise. They were having so much fun together.

"They were dancing wildly, drinking and flirting. Joseph's a genuinely nice guy. He and Evan Rachel are very compatible and make a cute couple."

Manson, 39, and Wood, 21, began dating in December 2006. They announced their breakup earlier this month.

METRO NEWS SERVICES

Moss fuming after cancellation

GOSSIP Supermodel Kate Moss was left fuming this past week after flying in to New York for a modelling job — only to discover the shoot had been cancelled at the last minute, imdb.com reports.

Moss arrived at JFK airport last week when she was told the job for fashion monthly W magazine had been scrapped.

So, after stepping outside for a cigarette, Moss headed straight back into the departure lounge to catch a return flight to London, arriving back at Heathrow airport just 24 hours after leaving the United Kingdom.

"She wasn't very happy at all," a source says. "She was pretty annoyed that she'd flown all that way for no reason at all."

W magazine editors were reportedly charged with the $11,840 US bill for Moss' first-class flights.

METRO NEWS SERVICES

The Weather Network 20 YEARS
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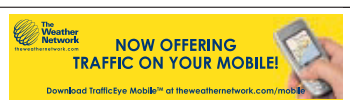
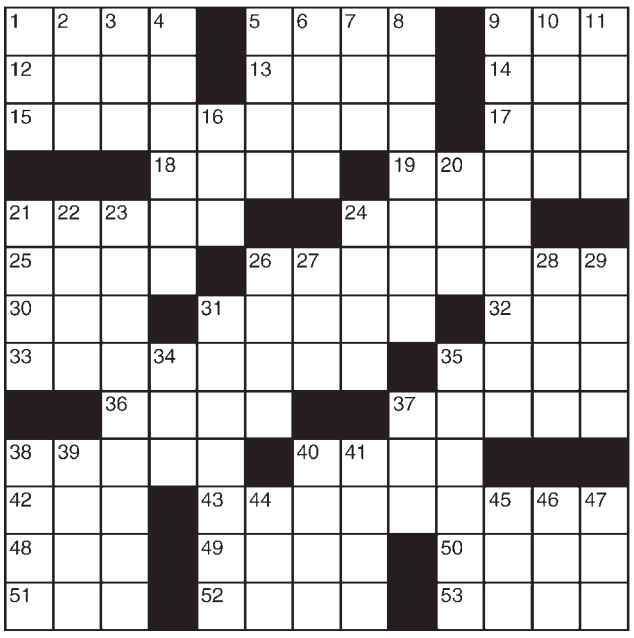
Today 90% Rain and snow 3° / 1°
Wednesday 40% Showers 4° / 2°
Thursday Variable 3° / -4°



For more delicious Metro recipes, visit: **metronews.ca/food**

Take Five



Crossword across

1 Attempt, in basketball
5 Condo, for instance
9 Parcel of land
12 Franc replacement
13 Wounded
14 Commotion
15 Site maintainer
17 Affirmative action?
18 Grow weary
19 Large
21 Shaving tool
24 Elite alternative
25 Teensy bit
26 Sit-ins and such
30 Anderson's "High —"
31 Glistened
32 Gratuity
33 Catching sight of
35 Scoff
36 MPs' quarry
37 Actress Halle
38 Bust
40 Shopper's need
42 Last (Abbr.)
43 White gypsum
48 "A pox upon thee!"
49 Honeycomb compartment
50 Vicinity
51 Supporting
52 Gopher's hideout
53 Create

Crossword down

1 Stitch
2 Coloration
3 Sphere
4 Long, narrow drum
5 "Back in the —"
6 Staff member?
7 Rage
8 Wood eater
9 York adversary
10 Smell
11 — list (agenda)
16 Melody
20 Blackjack part
21 "Phooey!"
22 On
23 Persian prophet
24 Vintage video game
26 Dr. McGraw
27 Director Howard
28 Layer
29 Agile
31 Belly
34 Pair
35 Stuff tossed overboard
37 Support system?
38 Enthusiast
39 Hodgepodge
40 Shout
41 Skilled
44 Zodiac cat
45 La-la lead-in
46 "A mouse!"
47 "Norma —"

Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

	3		6		4		5	
			9		7			
5		1				4		6
		2	4		6	7		
9								2
		8	7		2	3		
8		6				5		7
			8		5			
	2		1		9		3	

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

L	O	C	H	■	D	D	T	■	R	O	B	E
S	C	R	U	T	I	N	Y	■	E	Y	E	D
D	A	Y	D	R	E	A	M	■	M	E	N	D
■	■	■	D	O	T	■	P	I	A	Z	Z	A
H	O	T	L	Y	■	R	A	C	K	■	■	■
O	B	O	E	■	S	U	N	B	E	A	M	■
P	I	G	■	S	T	R	U	M	■	F	A	D
■	T	A	G	T	E	A	M	■	W	A	N	E
■	■	■	H	E	A	L	■	S	H	R	E	W
S	H	T	E	T	L	■	D	U	O	■	■	■
P	O	R	T	■	I	C	E	C	R	E	A	M
A	L	I	T	■	N	E	C	K	L	A	C	E
M	E	M	O	■	G	E	O	■	S	T	E	W

3	9	4	1	8	7	2	6	5
8	1	2	4	6	5	9	7	3
7	6	5	9	3	2	8	4	1
6	2	9	5	4	1	7	3	8
4	7	1	8	9	3	6	5	2
5	3	8	2	7	6	1	9	4
9	4	3	7	1	8	5	2	6
1	5	6	3	2	9	4	8	7
2	8	7	6	5	4	3	1	9

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:
Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min .....Not bad
25+ min.....Keep practising

Metro Recipe of the Day

Rice Cakes with Mushroom-Walnut Sauce

CAKE INGREDIENTS:
1/2 cup (125 mL) uncooked long-grain rice
1/4 cup (50 mL) finely chopped yellow onion
1/4 cup (50 mL) finely chopped green, red or yellow pepper
1/4 cup (50 mL) seasons fine dry bread crumbs
1 large egg, lightly beaten
1/8 tsp (0.5 mL) ground cayenne pepper
2 tbsp (25 mL) vegetable oil

SAUCE:
1 tbsp (15 mL) butter or margarine
1 cup (250 mL) sliced fresh mushrooms
1/4 cup (50 mL) finely sliced scallions with tops
2 tbsp (25 mL) all-purpose flour
1/4 tsp (1 mL) salt
1/8 tsp (0.5 mL) black pepper
1 cup (250 mL) low-sodium beef broth
1/4 cup (50 mL) chopped walnuts, toasted

METHOD:
1. For rice cakes, in a medium-sized pot, cook rice according to package directions, omitting butter. Stir in onion, green pepper, bread crumbs, egg and ground cayenne. Shape mixture into 4 patties. Cover and refrigerate 1 hour.
2. In a non-stick skillet, heat oil over moderate heat. Cook patties 3 minutes per side or until golden. Transfer patties to a platter and keep warm.
3. For sauce, in a medium-sized pot, melt butter over moderate heat. Add mushrooms and scallions; cook 3 minutes. Stir in flour, salt and black pepper. Cook 1 minute. Stir in beef broth. Cook, stirring, for 5 minutes or until thickened. Stir in walnuts. Serve sauce over patties.

SERVES 2

rd.ca
For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
Chatting with a special person is the highlight of the day. Too much activity may create dissension. You have a date with destiny.

TAURUS
APRIL 21-MAY 21
Don't shy away from the good times. An old friend forgives all mistakes. Push comes to shove in a relationship issue.

GEMINI
MAY 22-JUNE 21
Scandalous things will happen. It won't be easy to communicate with an important person. Decency and humility result in a good conscience.

CANCER
JUNE 22-JULY 22
Accept responsibility for your harsh words. Help somebody to believe in miracles. A free spirit reveals the best of human nature.

LEO
JULY 23-AUG 23
Share your dreams with a youthful person. A powerful romantic attraction is growing. An obstinate man gets feisty at work.

VIRGO
AUG 24-SEPT 22
Make someone go wild with joy. A relative makes a mysterious remark. A younger person will give good advice.

LIBRA
SEPT 23-OCT 23
You'll be in the right place right on time. A former friend apologizes for a hasty farewell. Give generously to a poverty-stricken person.

SCORPIO
OCT 24-NOV 22
Don't fall for a con artist. A dull ache reminds you of a defunct relationship. Resolve to avoid inconsiderate people.

SAGITTARIUS
NOV 23-DEC 21
Be strong in the face of someone's denial. Take care of business as soon as possible. Good news is received.

CAPRICORN
DEC 22-JAN 20
Relationship expectations need to be discussed. Don't complain about a loss of independence. A relative makes an offensive suggestion.

AQUARIUS
JAN 21-FEB 18
It's too late to turn away from a plan now. Take someone's breath away with a true story. Trust that your finances will recover.

PISCES
FEB 19-MARCH 20
Take the honourable way out of a difficult situation. Don't settle for second best. Noise problems will be aggravating.

WORDY GURDY®

BY TRICKY RICKY KANE

Every answer is a rhyming pair of words (like FAT CAT and DOUBLE TROUBLE), and they will fit in the letter squares. The number after the definition tells you how many syllables in each word.

1. Most superior merry prank (1)
2. Have an odor that is peachy-keen (1)
3. Wine fruit contour (1)
4. QB Favre's NY football team (1)
5. Sweet-talker to a barn-and-silo man (2)
6. Being a waiter for composer Berlin (2)
7. Author Norman's U-Haul attachments (2)

ANSWERS
1. BEST JEST 2. SMELL SWELL 3. GRAPE SHAPE 4. BRETTS JETS 5. FARMER CHARMER 6. SERVING IRVING 7. MAILERS TRAILERS

This day in history

NOV. 25, 1703: The Great Storm of 1703, the greatest windstorm ever recorded in the southern part of Great Britain, reaches its peak intensity which it maintains through Nov. 27. Winds gust up to 120 mph, and 9,000 people perish in the mighty gale.
NOV. 25, 1839: A cyclone slams India with high winds and a 40-foot storm surge, destroying the port city of Coringa (never to be entirely rebuilt again). The wave sweeps inland, taking with it 20,000 ships and thousands of people. An estimated 300,000 died.
NOV. 25, 1867: Alfred Nobel patents dynamite.
NOV. 25, 1963: U.S. President John F. Kennedy is buried at Arlington National Cemetery.

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